ANTHONY'S STORY

"I was 18 when I had my first seizure, I don't remember it, only regaining consciousness on the floor with my family around me, my parents were not too surprised as I have cerebral palsy too. Going forward I was trying to understand it, along with the medicos with their MRIs, EEGs, any number of acronyms well I got them all".

Moving along Anthony is impacted by life-long prescription medications and not forgetting the daily routine of taking them.

The constant worry of not knowing if 'it' might happen and when it does the terrifying experience, the hallucinations and weeks long after-effects where there is a struggle to just feel normal is with him always.

"But, I have taught myself to be strong, to learn, to try to gain knowledge and therefore power – the power of having the will to live."

When is come to support from family and friends, Anthony thinks the importance of socialising with supportive friends and meeting new ones cannot be understated. "Yes they may not understand but they have the capacity to help you take your mind off the troubles, and it look beyond it."

"My parents experience the pain of knowing and seeing that one of their sons has [epilepsy] but using that pain to find and share with me potential treatments, and to always share unconditional love".

Anthony became involved in the Walk for Epilepsy after a rough start to 2021 and most of the year, he wondered what he could do to seek relief from the havoc in his life, he reached out to develop a seizure management plan where he subsequently learnt about the Australian Epilepsy Support Facebook Group where he read about the walk.

When asked how far are you hoping to walk? Anthony answered with "I think it's unimportant to hope for how far, but of the possibility of meeting peers and parents is a worthy goal."

Anthony feels there is a definite need for funding to train psychologists in the specialty of supporting people with epilepsy, and for subsidised treatment with psychologists.

If Anthony could give any advice for other people with epilepsy is would be: Know that you are not alone, gather together friends and fam. Help them to understand, and rejoice in their support.

Sharing your story with

epilepsy ACT

If you would like to share your story please contact us on epilepsy@epilepsyact.org.au